



Calming the worry wort...

Being a worry wort takes a lot of effort, causes loss of sleep, makes people grumpy and leads to all sorts of stress related health issues. It's not worth it! But how do you stop the tendency to catastrophise and learn to stay calm? It starts with understanding how worry begins.

Worry worts are good at...

1. **Predicting negative outcomes.** Being a good worrier requires having a great imagination and visualising endless scenarios where things go wrong. If you've caught someone asking, "What if...?" then you've met a skilled worry wort or two. It also requires this...
2. **Jumping to conclusions.** Presuming that if a negative outcome did happen that it would be a catastrophe. e.g. Some worry worts panic if they're going to be late for an appointment and imagine it happening and then predicting that it will be a disaster if it did. Is it? At worst they may miss out on something or someone may get momentarily grumpy but it's not a catastrophe.

Ditching the worry wort syndrome

1. **Entertain a range of possibilities.** Could there be a positive outcome? It's easy to imagine the worst but what could be the best in a situation. "What if ... I had fun, I enjoyed myself, I managed it, etc." Also consider that it may be a non-event, a very neutral experience, neither here nor there. Often after an event we look back and realise how much bigger we made it in our mind, when it took far less time, stress or conflict.
2. **Become discerning.** There is a big difference between a 'catastrophe' and an unpleasant experience. Many things can be uncomfortable or unpleasant but they don't qualify as catastrophes. Checking, "Is this unpleasant or is it really likely to be a disaster?" is a very helpful question.

Facts are a powerful antidote to worry. Asking a few simple, fact-checking questions can stop the internal anxiety from escalating. Staying open to a variety of different, positive possibilities helps to allay fear and realise that you are able to cope, perhaps even better than you may anticipate.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Worrying isn't worth it.
- ✓ Stop predicting only negative outcomes.
- ✓ Avoid jumping to conclusions that things will end up being a catastrophe.

"Worrying doesn't empty tomorrow of it's troubles. It just empties today of it's strengths."

Mary Englebreit

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There's a neat little strategy that kicks worry and anxiety for a six if you know how to use it. You'll find it in... **Sticky Strategies** You can also join the free weekly blog for more helpful tips [here](#).



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